

## Mental Health Verses

1. Lamentations 3:31 "For no one is abandoned by The Lord forever,"
2. Psalms 34:17 When the righteous cry for help, the LORD hears and delivers them out of all their troubles.
3. Psalms 40:1-2 I waited patiently for the LORD; he inclined to me and heard my cry. He drew me up from the pit of destruction, out of the miry bog, and set my feet upon a rock, making my steps secure.
4. Deuteronomy 31:8 "... It is the LORD who goes before you. He will be with you; he will not leave you or forsake you. Do not fear or be dismayed."
5. Psalms 3:3 But you, O LORD, are a shield about me, my glory, and the lifter of my head.
6. Psalms 42:11 Why are you cast down, O my soul, and why are you in turmoil within me? Hope in God; for I shall again praise him, my salvation and my God.
7. 1 Peter 5:7 Cast all your anxiety on him because he cares for you.
8. Psalm 138:8 The Lord will perfect that which concerns me.
9. 1 Peter 2:24 By his wounds you are healed.
10. Psalm 126:5 Those who sow in tears will reap with songs of joy.
11. John 15:5 Apart from Him we can do nothing.  
Philippians 4:13 But with Him we can do all things.
12. 2 Timothy 1:7 For God has not given us a spirit of fearfulness, but one of power, of love & sound judgement.
13. Psalm 61:2-4 From the ends of the earth I call to you, I call as my heart grows faint; lead me to the rock that is higher than I.
14. Psalm 94:19 When anxiety was great within me, your consolation brought me joy.
15. "But letting the Spirit control your mind leads to life and peace." Romans 8:6 NLT
16. The Lord your God is in your midst, a Mighty One, who will save. He will rejoice over you with gladness, He will renew you with His love, He will rejoice over you with singing. Zephaniah 3:17 MEV

### 5 Verses for the Battle

- × The Lord will fight for you; you need only to be still. -Exodus 14:14
- × He will keep you strong right up to the end -1 Corinthians 1:8
- × He will rescue you again and again so that no evil can touch you -Job 5:19
- × You protected me on the day of battle -Psalm 140:7

× But the Lord is with me like a mighty warrior -Jeremiah 20:11